



CLEAN AIR QUARTERLY

Summer Wrap Up 2008

Volume 4, Issue 3

Lace Up Those Shoes for Walk Nashville Week, Oct. 4-10

Walk Nashville Week, presented by the Nashville Community Health and Wellness Team, offers something for everyone. Events will take place Oct. 4-10. A brief description of the activities is listed below.

October 5 - Walk to Worship

Strengthen your body and spirit as you celebrate wellness with your congregation.

October 6 - Walk to Work

Physical activity boosts productivity and brain power. Park a little farther away and walk the rest of the way. Ask your employer about participating.

October 7 - Walk your Neighborhood

Get out with your neighbors, both old and new, and enjoy a brisk walk around your neighborhood.

October 8 - Walk to School Day

Walking to school reduces traffic, increases our children's health, and improves air quality. Physical activity is proven to increase student focus.

October 9 - Walk for Active Aging

Take a brisk walk with a friend or walk with a group at a participating senior center during their Walk for Active Aging. Celebrate the best years in life by walking your way to a healthy mind and body.

October 10 - Walk to Lunch

A mid-day walk is better than a nap. Why drive when you can walk down the street and get a boost for the rest of the day?

For more information about Walk Nashville Week and how you can participate, please visit www.nashvillechwt.org.

EPA Tightens Engine Standards on Surf and Turf

From lawn mowers and weed trimmers, to personal watercraft and speedboats, the Environmental Protection Agency (EPA) has set strict new standards for gas-powered lawn equipment and marine engines, substantially reducing the amount of gas fumes, carbon monoxide, hydrocarbons and smog-forming pollutants emitted. The regulations will take effect in 2010 and 2011.

"EPA's new small engine standards will allow Americans to cut air pollution as well as grass," said EPA Administrator Stephen L. Johnson. "These standards help fight smog in our neighborhoods and waterways as we continue to improve the environmental landscape."

When fully implemented, the rule will yield annual emission reductions of 600,000 tons of hydrocarbons, 130,000 tons of nitrogen oxide, 5,500 tons of direct particulate matter, and 1.5 million tons of carbon monoxide. EPA expects the new standards to save approximately 190 million gallons of gasoline each year.

For more information on lawn and garden equipment: visit www.epa.gov/otaq/equip-ld.htm, and information about boats and personal watercraft visit www.epa.gov/otaq/marinesi.htm.

Inside This Edition

Vandy Transit Options	Page 2
Ozburn-Hessey Logistics	Page 2
Real People Chronicles	Page 3
Big Gig Contest	Page 4
Upcoming Events	Page 4

Vandy Beefs Up Alternative Transportation Options

MTA Free Ride Program Extended; Zipcars Now Available on Campus

Free Ride Program

Vanderbilt University recently extended its Free Ride program to graduate and professional school students, allowing them to commute to and from campus for free.

The Free Ride to Work program, offered in partnership with Metro's Transit Authority, has been offered to Vanderbilt employees since July 2004.

One of the reasons the program is being extended is that Vanderbilt's more than 5,300 graduate and professional school students reside off campus. Most commute back and forth every day.

"This new benefit provides an alternative to the stress of commuting, and helps decrease pollution as well as traffic on Nashville roadways and around our campus," said Steven Smartt, assistant provost for graduate education and research.

"Graduate students have many financial burdens," said Jon Ahlbin, president of Vanderbilt's Graduate Student Council. "The ability to ride MTA buses for free should help alleviate one of these burdens."

To ride free, graduate and professional school students simply swipe their VU ID card as they board an MTA bus going to and from campus, and Vanderbilt will be charged for the ride. Statistical information is then electronically gathered so the university can monitor the program's effectiveness.

Zipcars



Photo courtesy of zipcar.com.

Five Zipcars are now available on the Vanderbilt University Campus as part of a pilot program. Zipcar vehicles can be rented at an hourly rate by faculty, staff and students.

Cars may be used for errands, doctor appointments and more. With more and more employees using mass transit and/or carpooling to work, the Zipcars will provide flexibility to leave campus for meetings and appointments.

Here's how it works:

- o Faculty, staff, and students can purchase an individual yearly membership for \$35 by going to a designated web site.
- o Once the membership is purchased, a Zipcar can be reserved online or via phone.
- o The car is then picked up using the membership card. Gas and insurance are covered in the hourly rental fee.

Vanderbilt will have two Honda Civic hybrids, two Honda CR-Vs and one Volvo S40. The rentals fees range by vehicle type from \$7-\$10 per hour. There is a daily use limit of 180 miles.

Ozburn-Hessey Logistics Signs on as CAP Employer Partner

The Clean Air Partnership of Middle TN welcomes Ozburn-Hessey Logistics (OHL) as its newest Employer Partner.

OHL signed on as a Bronze level partner, which requires that air quality alert messages be sent to its Middle Tennessee employees.

OHL is a leading provider of global supply chain management solutions including transportation, warehousing and distribution, customs brokerage, freight forwarding and import and export consulting services. The company was founded in 1951 and

has nearly 6,000 employees company-wide including nearly 350 employees in Middle Tennessee.

"Ozburn-Hessey's corporate philosophy emphasizes being environmentally friendly, socially aware and acting in support of responsible initiatives and organizations, and CAP is proud have them as a partner," said Melissa Stevens, CAP Communications Director.

To learn how your organization can become a CAP Employer Partner, please visit www.cleanairpartnership.info/Get%20Involved_businesses.htm.

REAL PEOPLE CHRONICLES

A new section dedicated to sharing successes of average people trying to make a difference.

In the war on high gas prices and carbon emissions, it's important to look for success stories wherever they can be found. In this article, Adrian Reif shares his small, yet exciting, victory.

More Time on Your Hands - A Small Victory on Gas

by Adrian Reif

Reprinted with permission

The gas light came on in my car on Saturday on my way to the grocery store. Immediately I was repulsed when thinking about filling up with gas. After reflecting for a moment, I realized why: It had been five weeks since I put gas in my car.

After navigating my memory bank and credit card statement, I discovered that my last fill up was over a month ago, and I hadn't visited a gas station since. No, I don't drive a fancy hybrid. And no, I didn't buy a **Smart fortwo** (on my list of things to do though). But, I am saving up for a Vespa-like scooter (it gets 80-90 mpg!!!).

I drive a 1996 Grand Am with 140,000 miles (mpg 27 city/35 hwy). **Here's what I did:**

I planned trips in advance and batched my errands. For example, when deciding to go to the grocery several miles away, I would also make my recycling trip, drop by the post office, and go the nearby YMCA - all in the same trip. Making less single errand trips greatly reduced my miles traveled.

I drove a bit slower. Seriously, who's in a hurry? Conservative driving saves on gas and wear and tear and I don't get in any accidents!

I walked the line. Actually, I just walked anywhere within 1 mile from my house. Thankfully that includes Starbucks, Panera, Walgreens, Borders, and even my office. If you have this luxury, walking becomes quite fun.

I hopped on my bike. My bike has more than paid for itself. I bike anywhere within 5-6 miles (unless there are torrential rains or I

have to wear a suit). This includes my YMCA (I've found that a four-mile bike ride is perfect warmup for weight lifting), Toastmasters meetings (also four miles), and Ultimate frisbee practice/games (close to five miles). I've found great bike routes that are safer than busy traffic and get me there in just as much time as slow driving. And in response to another myth, the breeze from riding keeps me from sweating profusely.

I took some COOL advice. If you drive more you can still do stuff like getting excess weight out of your trunk, scheduling proper tire maintenance, and more. You can find a nice list at www.coolpeoplecare.org.

After a quick, but thorough, back-of-the-napkin calculation, I cut my normal driving by almost half. This means I spent \$45 on gas instead of \$90. As a result, I feel much healthier and wealthier, enjoy my morning walks in the fresh air, see more of the city, and stay out of the baneful traffic.

When I finally had to fill up, I only pumped 5 gallons of gas and aspire to stretch them as far as possible. I hope you enjoyed this and maybe you, too, can save some money (and CO2).

Adrian Reif graduated from Vanderbilt University in May 2007 where he played some football, earned a Psychology & Corporate Strategy degree, and fell in love with Alternative Spring Break. He can be found riding his bike in and around Nashville, running, reading, hiking, playing Ultimate Frisbee, painting, or traveling near and far. Adrian loves when profitability and making a difference coincide.

MTA Seeks Songs for Big Gig Contest

As the grand opening of MTA's new indoor transit hub Music City Central (MCC) approaches, MTA is sponsoring a jingle contest to highlight the rich musical history of the site where the center is being built.

The jingle contest, whose corporate sponsor is Balfour Beatty Construction, is open to anyone ages 15 and older who lives in the Nashville Metro Services Area. This includes Davidson, Robertson, Sumner, Macon, Trousdale, Smith, Wilson, Cannon, Rutherford, Williamson, Hickman, Dickson and Cheatham counties.

Each entry must be an original, 60-second jingle in any genre promoting MCC and the many benefits of public transportation. Entries should be submitted on a CD. The winner will receive \$1,500 cash (donated by corporate sponsor Balfour Beatty Construction), special recognition, and a chance to perform at the Grand Opening. Deadline to enter is September 15, 2008.

Key entertainers and music executives, including those who work on Music Row, have agreed to judge the Music City Central BIG GIG jingle contest.

This talented celebrity panel includes Kirk Whalum (Grammy-nominated musician); Beverly Keel (Tennessean columnist); Tim Fink



(Vice President Writer/Publisher Relations for SESAC, Inc.); Paul Kwami (Musical Director for Fisk Jubilee Singers);

Woody Wood and Jim Chandler (Woody & Jim, 107.5 The River); Karen Leipziger (KBA Award-Winning Publicist); Deen Entsminger (Belmont University music professor and bus rider); Thomas F. "Freddie" O'Connell (MTA Board member and bus rider); and Otho Webster (Division Vice President Balfour Beatty Construction, corporate sponsor for the contest).

When completed, MCC will be a multi-level indoor facility that will serve as the central hub for MTA buses. It will replace the outdoor transit mall on Deaderick Street and will create a centralized transit facility within the Central Business District (CBD) of Nashville.

It will feature climate-controlled waiting areas, an information and ticket sales center, ticket vending machines and small retail businesses such as a donut shop or newsstand. It is expected to serve 16,000 passengers each weekday.

To learn more about the Music City Central Jingle Contest including the official rules, please visit www.nashvillemta.org/jinglecontest.

Upcoming Events

MTA Big Gig Contest Deadline: Sept. 15

Hendersonville Rotary Club's Festival by the Lake: Sept. 20 @ Memorial Park, Hendersonville

Walk Nashville Week: Oct. 4-10

CAP Board of Directors Meeting: Nov. 19 @ TBA